



# WINTER 2023-24



**Registration opens at [BYPandFriends.com](http://BYPandFriends.com) November 6, 2023 @ 9 AM**  
**Class sizes are limited, see website for class descriptions.**  
**Registration closes November 20, 2023 or when at capacity.**

**The Backyard**  
215 N. Long Beach Road  
Rockville Centre, NY 11570

**RVC Recreation Center**  
111 N. Oceanside Road  
Rockville Centre, NY 11570



**Healthy Eats 101 & BYP Test Kitchen: \$300**  
**Hip Hop & Pound: \$180**  
**All other classes: \$250**

## MONDAY

**in The Backyard**

**Healthy Eats 101 5:00 - 6:00**

**Music 6:00 - 7:00**

**Theater 7:00 - 8:00**

**December: 4, 11, 18, January: 8, 22, 29**

**February: 5, 12, 26, March 4**

## TUESDAY

**in The Backyard**

**\*\*BYP Test Kitchen is subject to a lottery.**  
**Due to space constraints, support staff are not permitted in the Test Kitchen. This class is designed for students who can work independently and practice kitchen and food safety skills. \*\***

**BYP Test Kitchen 6:00 - 7:00 or 7:00 - 8:00**

**Art Materials 6:00 - 7:00**

**Artist Spotlight 7:00 - 8:00**

**December: 5, 12, 19, January: 9, 16, 23, 30**

**February: 6, 13, 27**

## WEDNESDAY

**at the RVC Recreation Center**

**Zumba 6:00 - 7:00**

**Yoga 7:00 - 8:00**



**December: 6, 13, 20, January: 10, 17, 24, 31**

**February: 7, 14, 28**

## THURSDAY

**in The Backyard**

**Photography 5:00 - 6:00**

**Movie Bites 6:00 - 7:00**

**December: 7, 14, 21, January: 11, 18, 25**

**February: 1, 8, 15, 29**

## FRIDAY

**at the RVC Recreation Center**

**Hip Hop & Dance 6:00 - 7:00**

**Pound Fitness 7:00 - 8:00**

**December: 1, January: 5, 19, 26**

**February: 9, 16**